

<b>Cycle 1 -Lunch</b>	<b>Portion k-5</b>	<b>Carb Gram</b>	<b>Portion 6-8</b>	<b>Carb Gram</b>	<b>Portion 9-12</b>	<b>Carb Gram</b>
<b>Monday</b>						
Corn Dog Nuggets	6ea	20	6ea	20	6ea	20
Pig N Blanket	1ea	32.36	1ea	32.36	1ea	32.36
Charburger					1ea	2
WW Bun 2.25oz					1ea	22.34
French Fries			1/2c	22	1/2c	22
Baked Beans	1/2c	29	1/2c	29	1/2c	29
Garden Salad					1c	0.64
Apple wedges	1/2ea.	9.6	1/2ea.	9.6	1w	19.1
Fruit Cocktail	1/2c	21			1/2c	21
Ketchup	1oz	4	1oz	4	1oz	4
Milk Skim, white	1c	12	1c	12	1c	12
Milk Skim, Choc	1c	25	1c	25	1c	25
<b>Tuesday</b>						
Chicken Patty	1ea	13	1ea	13	1ea	13
Pork Patty					1ea	18
WW Roll 2 oz	1ea	20.59	1ea	20.59	1ea	20.59
Mashed Potatoes	1/2c	13	1/2c	13	1/2c	13
Country Gravy #24	2 2/3tbls	1.23	2 2/3tbls	1.23	2 2/3tbls	1.23
Corn	1/2c	15.9	1/2c	15.9	1/2c	15.9
Celery Sticks					1/2c	2.5
Applesauce	1/2c	15	1/2c	15	1/2c	15
Orange Wedges	1W	11.28	1W	11.28	1W	11.28
Rice Krispie Treat 3rd Tues	1ea	30				
Ketchup	1oz	8	1oz	8	1oz	8
Mustard	1oz	0	1oz	0	1oz	0
Milk Skim, white	1c	12	1c	12	1c	12
Milk Skim, Choc	1c	25	1c	25	1c	25
<b>Wenesday</b>						
Panther Rib	1ea	8	1ea	8	1ea	8
BBQ Sauce	1oz	13.2	1oz	13.2	1oz	13.2
Spicy Chicken					1ea	17
WW Bun 2.25 oz	1ea	22.34	1ea	22.34	1ea	22.34
Ranch Cuts	1/2c	25	1/2c	25	1/2c	25
Steamed Green Beans	1/2c	4	1/2c	4	1/2c	4
Fresh Red Pepper					1/2c	4.5
Pear Slices					1/2c	20
Spicy Apples	1/2c	21.9	1/2c	21.9	1/2c	21.9
Ketchup	1oz	8	1oz	8	1oz	8
Milk Skim, white	1c	12	1c	12	1c	12
Milk Skim, Choc	1c	25	1c	25	1c	25

<b>Cycle 1</b>						
<b>Thursday</b>						
Chili	6oz	14.38	6oz	14.38	8oz	19.18
Goldfish Crackers	1ea	14	1ea	14	1ea	14
Soft Taco Meat	1/4 c	1.63	1/4 c	1.63	1/3c	2.45
Flour Tortilla	1 oz	18.6	1oz	18.6	1oz	18.6
Romaine Lettuce	1/2c	0.45	1/2c	0.45	1/2c	0.45
Diced Tomato	1/8c	0.88	1/8c	0.88	1/8c	0.88
Shredded Cheese	1oz	0.57	1oz	0.57	1oz	0.57
WW Cinn Puffs	1.2oz	16.58	1.2oz	16.58	1.2oz	16.58
Variety Juice A/O/G			1ea	14/13/18	1ea	14/13/18
Fresh Baby Carrots	1/2c	5.8	1/2c	5.8	1/2c	5.8
Stmd Mixed Vegetables					1/2c	15
Pineapple Tidbits	1/2c	15	1/2c	15	1/2c	15
Peach Slices					1/2c	17
Milk Skim, white	1c	12	1c	12	1c	12
Milk Skim, Choc	1c	25	1c	25	1c	25
<b>Friday</b>						
Turkey Fritter	4ea	17	4ea	17	4ea	17
Meatball Sub w/ Marinara Sauce					5ea	16
WW Roll 2 oz	1ea	20.59	1ea	20.59	1ea	20.59
Hoagie Bun					1ea	22.34
Seasoned Ranch Cuts	1/2c	18	1/2c	18	1/2c	18
Fr Broccoli	1/2 c	6.04	1/2c	6.04	1/2c	6.04
Peas & Carrots					1/2c	7.69
Rosy Applesauce	1/2c	10.79	1/2c	10.79	1/2c	10.79
Pear Slices					1/2c	20
Country Crock Butter Spread	1oz	0	1oz	0	1oz	0
Ranch Dressing			1pc	10	1pc	10
French Dressing			1pc	12	1pc	12
Italian Dressing			1pc	7	1pc	7
Milk Skim, white	1c	12	1c	12	1c	12
Milk Skim, Choc	1c	25	1c	25	1c	25
<b>Alt Menu</b>						
Yogurt	1ea	15	1ea	15	1ea	15
String Cheese	1ea	4	1ea	4	1ea	4
Chef Salad	1ea	2	1ea	2	1ea	2
Crunch Mania	1pkg	37	1pkg	37	1pkg	37
Ranch Dressing Fat Free	1oz	1	1oz	1	1oz	1
Ranch Dressing PC	1ea	10	1ea	10	1ea	10
Gripz	1pkg	19	1pkg	19	1pkg	19
Country Crock Marg	1ea	0	1ea	0	1ea	0
Jelly PC	1ea	7	1ea	7	1ea	7

Syrup	2oz	27	2oz	27	2oz	27
Syrup PC	1ea	30	1ea	30	1ea	30